



The coronavirus disease (COVID-19) pandemic has affected lives everywhere. Everyone has been requested to make changes to their lifestyle. Staying home and away from usual support systems can be a challenge below are some resources that may interest you to help you cope with the situation.

Non-Medical Counseling- Available through Military OneSource and the Military Family Life Counselor (MFLC) Program. In person non-medical counseling call **(571) 355-1500 Patch Nugent, (571) 355-1506 DeeDee Bassil and (787) 366-7576 Ruben Centeno**. Counseling services are also available by telephone at **1-800-342-9647**, online chat, live video sessions <https://www.militaryonesource.mil/confidential-help>

Non-Medical counseling for Youth-If your child or teenager is feeling overwhelmed by the COVID-19 outbreak and quarantine, free non-medical counseling can help. Call **1-800-342-9647** or visit our website <https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-onesource/non-medical-counseling-for-youth-now-available-by-video>

Military Crisis Line- 800-273-8255 press 1, send text message to **838255**, chat online or visit their website <https://www.veteranscrisisline.net/>

Personal Financial Counseling Services- If you and your family are experiencing financial challenges one of our consultants can help you take control of your finances and minimize financial distress. In person Personal Financial Counseling at **(787) 948-7146 Ft Buchanan** and **(787) 690-4864 Ft Allen**. For online services call **1-800-342-9647** visit our website <https://www.militaryonesource.mil/confidential-help/interactive-tools-services/financial-counseling>

Also take a look at these articles:

- Staying safe while staying healthy-tips for military families
- MWR Digital Library for online learning resources while schools are closed
- Military OneSource resilience tools
- Healthy eating and stress management
- Before and during a pandemic
- Chill Drills

Visit our website for updated information on coronavirus
<https://www.militaryonesource.mil/coronavirus>

If you would like a PDF copy of these articles or would like more information please feel free to call me at **(787) 430-7587** or email me evelyn.navarro@militaryonesource.com